



Dr. Mark DeYoung, LMFT presents:

30 Day Gratitude Journal for Couples

Days 1 to 5

1. There are many qualities that I love or appreciate about my partner. When I think of one of those qualities I am most grateful for it is...
2. There are many qualities that I love or appreciate about my partner. If I were to list a second quality that I am thankful for, it is...
3. You have probably had some trips or vacations with your partner. One memory from our trips together that I am grateful for is...
4. Reflecting on the last month, think of a time your partner gave you emotional support. I am grateful for my partner's emotional support when I was dealing with...
5. Change happens in marriages. The change can be good. One change that your partner has made is...

Days 6 to 10

6. Change happens in marriages. The change can be good. Another change that your partner has made is...
7. Conflict happens in marriages. Can you name a quality your partner has that helps you resolve conflicts? The quality you are thankful for is...
8. Conflict happens in marriages. Can you think of a recent conflict? What is one thing your partner did in that conflict that was helpful...?
9. Name one thing that you most admire about your partner...
10. Name the one favorite way your partner expresses love for you...



Days 11 to 15

11. Write down one of your dreams that you are most grateful to share with your partner...
12. Write down another dream that you are most grateful to share with your partner...
13. Reflect back on your wedding day. What is one memory from that day that you are most thankful for...
14. Reflect back on your first date. What is one memory from that day that is most special...
15. If you are parenting together, what is one quality that your partner displays as a parent that you value...? If you are not a parent, what quality do you imagine in your partner that would make them a good parent...?

Days 15 to 20

16. What is one thing your partner did this last week that you are thankful for...?
17. What is one thing you and your spouse have accomplished that you feel proud of...?
18. What is another thing you and your spouse accomplished that you feel proud of...?
19. What is one value that you share...?
20. What is a second value that you share...?





Days 21 to 25

21. Your partner has helped you grow and change. What is one change your partner has helped you make...?
22. What is a second change your partner has helped you make...?
23. What is one part of your sexual intimacy that you are thankful for...?
24. Think of the last time you laughed really hard with your partner. What is your memory of this event...?
25. What is the most attractive characteristic of your partner...?



Days 26 to 30

26. Do you have a favorite song, movie, TV show? Why are you thankful to share this with your partner...?
27. Sitting quietly, what is the first positive thing about your partner that comes to mind...?
28. When you have been married 50 years what is one thing you hope to still appreciate about your partner...?
29. Name the one thing that makes you want to come home to your partner every day...?
30. What is the most surprising/exciting thing from this gratitude list that you are glad to have discovered...?